



## Restaurant-Style Taco Meat Seasoning



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon beef bouillon granules
- ☐ 4.5 teaspoons chili powder
- ☐ 1.5 tablespoons masa
- ☐ 0.3 teaspoon cumin
- ☐ 1 teaspoon onion dried minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon garlic salt
- ☐ 1.3 pounds ground beef lean

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon sugar
- ☐ 1 cup water

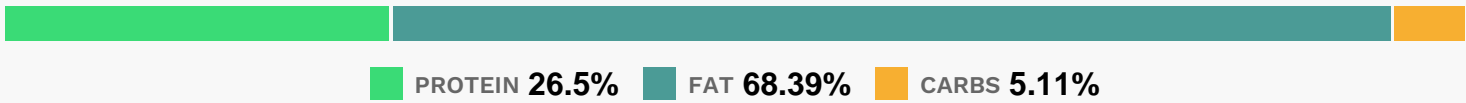
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a medium bowl, combine the corn flour, chili powder, onion powder, garlic powder, and seasoned salt. Stir in the paprika, cumin, garlic salt, and sugar. Blend in the onion, bouillon, and ground red pepper, stirring until all spices are well blended.
- ☐ Crumble the ground chuck into a large skillet over medium heat. Cook, stirring, until browned.
- ☐ Remove from heat, rinse meat with hot water, and drain water and grease from beef.
- ☐ Return meat to skillet, and pour in seasoning. Stir in water. Reduce heat to medium-low, and simmer until most of the liquid has cooked away, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.71, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:6.1404348184233%

## Nutrients (% of daily need)

Calories: 163.73kcal (8.19%), Fat: 12.31g (18.93%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.41g (0.45%), Cholesterol: 42.94mg (14.31%), Sodium: 313.5mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Vitamin B12: 1.3µg (21.59%), Zinc: 2.61mg (17.43%), Selenium: 9.52µg (13.6%), Vitamin B3: 2.7mg (13.52%), Vitamin B6: 0.23mg (11.7%), Phosphorus: 103.88mg (10.39%), Iron: 1.43mg (7.93%), Vitamin A: 337.69IU (6.75%), Vitamin B2: 0.1mg (5.99%), Potassium: 199.01mg

(5.69%), Vitamin E: 0.64mg (4.27%), Magnesium: 14.01mg (3.5%), Vitamin B5: 0.33mg (3.25%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.35%), Vitamin K: 2.19µg (2.08%), Manganese: 0.04mg (2.05%), Fiber: 0.51g (2.03%), Calcium: 18.74mg (1.87%), Folate: 5.88µg (1.47%)